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The Fort Jackson Leader



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Taking aim

Army goal: Erase sexual assault

By **MIKE A. GLASCH**
Leader staff

Top Army leaders have launched the second phase of their attack to wipe out sexual assault. Last year, there were 1,584 reported sexual assaults Army wide. That is a 4 percent increase from the previous year.

On Monday, Secretary of the Army Pete Geren addressed the "I. A.M. Strong" (the Army's campaign to combat sexual assaults) Sexual Harassment/Sexual Assault Prevention Summit in Arlington, Va. He told the audience that the goal is to erase sexual assault and sexual harassment from the Army.

"We've proven in so many other areas that we can distinguish ourselves from the rest of so-

ciety, and this is going to be one of those examples that we're going to set for the nation," he said.

Eradicating sexual assault begins with education about what sexual assault is and how to prevent it. The "I. A.M. Strong" campaign encourages Soldiers to Intervene, Act and Motivate others to stop sexual assaults.

"The Army is taking sexual assault very seriously," said Lisa Magallanes, Fort Jackson's sexual assault response coordinator. "They investigate touching as a felony offense."

Sexual assault is defined as intentional sexual contact, characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent.

"In our training, we stress over and over the

meaning of consent. It's more than the victim failing to offer physical resistance," Magallanes explained. "As an example, when a person is drunk the person cannot consent. We use real-life scenarios, such as what to do if you are out at a club, to teach the Soldiers to intervene when they see their fellow Soldiers in risky situations that can lead to sexual assault."

Currently, Basic Combat Training Soldiers receive three periods of training on what is sexual assault, and how to prevent it. The first training is given while they are at the 120th Adjutant General Battalion (Reception), and the other two sessions during the red and blue phases of BCT. Advanced Individual Training Soldiers

See Army: Page 4

Goodbye, Villepique Chapel



Photo by CRYSTAL LEWIS BROWN

Workers begin the demolition of Villepique Chapel on the corner of Strom Thurmond and Jackson boulevards Monday. The chapel was destroyed by an electrical fire in November.

As deadline looms, tax center offers help

With less than a week to go before the federal income tax filing deadline, I would urge anyone who has yet to file his or her return to take advantage of the services that are offered here on post. The Fort Jackson Tax Center — which offers free preparation for military members, families and retirees — is preparing itself for a stretch run, assisting walk-in customers all the way to the wire.

There are a number of accolades that I would like to mention about our tax center, but let's start with the fact that the center has set a record this year by saving our military community more than \$300,000 in tax preparation fees and completing more than 2,500 returns.

I would also like to commend the outstanding cumulative effort put forth this tax season by our Soldiers and volunteers who have staffed the tax center. They surpassed the record of returns filed in a tax season a couple of weeks back. Short and sweet, it's been an outstanding job from an outstanding group.

Eight Soldiers worked the center, along with two civilian workers, six days a week, offering extended hours for Basic Combat Training and Advanced Individual Training Soldiers — doing a great job of reaching out

BRIG. GEN. BRADLEY W. MAY

*Fort Jackson
Commanding
General*



to all the training brigades to let everyone know about the services. During any given week during the tax season, the center was open for more than 50 hours.

As for the quality of advice and assistance, consider that one volunteer is a retired certified public accountant and another volunteer had worked as a tax preparer for a major firm for more than 12 years. All preparers received IRS certification and training.

They also received further guidance after new tax laws went into effect at the beginning of this year.

In costs, the tax center saved the Fort Jackson community members, as I previously mentioned, more than

\$300,000 in tax preparation fees. Consider the fact that just a simple return costs around \$130 to prepare by a civilian tax preparation center, with a more complex return costing upward of \$500.

So you can see that the service that has been offered at the tax center is such a huge asset to the military community here, particularly during these tough financial times, in which every dollar that can be saved counts. If you need some last-minute help, this is certainly where you will find it.

Again, I want to re-emphasize that if you have not filed your taxes by now and are still wondering what to do or how to do it, get over to the tax center for some guidance.

You also have the option to file for an extension. The paperwork can be completed at the tax center in a matter of minutes and allows the Soldier, family member or retiree until Oct. 15 to file. This does not, however, relieve or extend one's obligation of paying his or her taxes on time.

The Fort Jackson Tax Center is open Monday through Friday from 9 a.m. to 4:30 p.m. The phone number is 751-JTAX. Don't wait until the last minute!

Facts on CRSC for retirees; relocation assistance

What is Combat Related Special Compensation and who is eligible?

CRSC is a program that has been put in place to compensate retirees for the injuries and illnesses suffered because of combat-connected service during their military career. All retirees — whether they are 20-year veterans, 20-year active Reserve or medical retirees — are eligible for CRSC.

The requirements for CRSC are as follows: The retiree has a 10 percent or higher disability rating; is receiving military retirement pay; and his or her military retirement pay is reduced by a VA waiver.

Injuries or illnesses may be considered combat related if they are a result of armed conflict, hazardous duty, training that simulates war or are caused by an instrument of war.

COL. LILLIAN A. DIXON

*Fort Jackson
Garrison
Commander*



For more information on CRSC and the application process, call the Fort Jackson Retirement Services Office at 751-6715/5523.

I will be moving to another installation and I would like to get some information before leaving Fort Jackson.

Is there anyone at Fort Jackson who can assist me?

Yes, you may visit the Army Community Service Center to get information on any military installation worldwide. You can also obtain information about your new location by visiting www.militaryhomefront.dod.mil. Contact the ACS Relocation Office at 751-5256.

Garrison fact of the week

Child, Youth and School Services programs provide extended-hours care in support of Soldiers' mission requirements at no additional cost beyond the applicable full-day or part-day program rates.

To submit questions for the "Ask the Garrison Commander," call 751-2842, or e-mail nahrwolds@conus.army.mil.

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To submit a story idea or an announcement, or to request coverage of an event, e-mail details to FJLeader@conus.army.mil.

Post provides gardening patches

By **CRYSTAL LEWIS BROWN**
Leader Staff

Fort Jackson gardeners will soon be giving post officials a big thumbs up. In fact, make that a *green* thumbs up.

For more than 30 years, installation managers have set aside excess land to allow members of the Fort Jackson community to plant vegetable gardens. This year, the policy has been revised to allow more permanent party Soldiers and their families an opportunity to grow their own veggies.

"It's just to allow folks in our community who don't have space to have a garden at their own homes," said Carlos Alexander, from the Directorate of Public Works. Alexander is serving as a garden plot manager. "It's an opportunity for someone to enjoy a crop of fresh vegetables that aren't ordinarily available."

Although gardeners must sign for the garden space, Alexander said there is no cost for the use of the garden space. The gardener and his or her family must personally plant, maintain and use the plot. The plots are located off Washington Road, adjacent to the outfall creek from Semmes Lake.

GARDENING IN FAMILY HOUSING

— Residents may plant small vegetable gardens within back yards only.

— Areas used for gardening will be returned to original condition with grass following the end of season at resident's expense.

— Platforms or structures in trees, attaching swings to tree limbs and driving nails into the tree trunks are prohibited.

— All requests for landscaping alterations of any kind must be made by completing the Request to Make Alterations Form and submitted to the community manager.

Alexander said he expects the plots to go fast. Active Duty Soldiers will receive first consideration, followed by retired military and, if any plots remain, they will become available to civilian personnel. Leases begin February each year and expire at the end of the January.

"I wish we had 100 garden plots to give out to people, but unfortunately, we

don't," Alexander said.

Also taking effect this year is a one-plot-per family limitation. Applicants will be required to show identification in order to lease a plot.

Col. Lillian Dixon, garrison commander, suggests that permanent party members act quickly to take advantage of the free plots.

"These plots have been used on Fort Jackson for over 30 years," she said. "I hope our retirees that have many years of experience in gardening will share their expertise and partner with some of our young military families.

"This is a great way to build strong bonds and to arm our military families with a new skill that will benefit them, particularly in these hard economic times.

"For those installation residents who will not get a plot this year, Balfour Beatty's housing lease will allow them to grow a small garden in their yards. Contact the Balfour Beatty leasing office for specific details."

Garden plot applications are currently being accepted.

Contact Carlos Alexander at 751-1069 for more information.

Crystal.Y.Brown@us.army.mil



Photo by KAREN SOULE

Tomatoes like these are a favorite of summer gardeners.

Warrior health care covenant signed

By **LAURA CONRAD**
Moncrief Army Community Hospital

Fort Jackson and Moncrief Army Community Hospital leaders signed the Army Warrior Health Care Covenant at the Post Conference Room last week. The covenant reaffirms the installation's commitment to providing the best health care possible to Wounded Warriors and their families.

The guest speaker was Brig. Gen. Bradley May, Fort Jackson commanding general.

"Our signing of the Army Warrior Health Care Covenant is a symbolic gesture and a public demonstration of the leadership commitment," he said. "The commitment has always been here, the signing is only a public display of our commitment."

The Army Warrior Health Care Covenant reads as follows:

— We are grateful of the sacrifices Warriors and their families have made to secure our freedom.

— We are committed to provide Warriors and their families the quality of care and services that are commensurate with the sacrifice they provide our nation.

— We are committed to provide the assistance needed by Warriors and their families during the healing process.

— We are committed to provide an environment that is conducive to healing by focusing on: Body — medical treatment; mind — skills and interests; heart — communication skills and anger management; spirit — relaxation techniques, leisure skills and religious support

Laura.Conrad@amedd.army.mil



Photo by LAURA CONRAD, Moncrief Army Community Hospital

Spc. Steven White, Warrior Transition Unit, left, joins Brig. Gen. Bradley May, Fort Jackson commanding general, in a cake-cutting ceremony that followed the signing of the Army Warrior Health Care Covenant.

Study seeks participants

Special to the Leader

For those looking for the opportunity to participate in bridging the gap between military and civilian communities, here is the chance.

Starting this month, the Joint Land Use Study, or JLUS, will be holding public meetings. The meetings begin next week and will continue throughout the summer.

The JLUS is a cooperative planning effort between the military and the communities of the region to examine how Fort Jackson and McEntire Joint National Guard Base operate and the way the nearby communities are growing.

The JLUS is aimed at making sure new growth in the community does not interfere with the military's ability to carry out its mission, and that the regional economy continues to prosper.

Two meetings are scheduled for April and both are open to the public. For more information, visit the JLUS Web site at www.jackson-jlus.com or call (404) 870-5339.

— April 13, 6 p.m., Richland County Sheriff Substation, 2615 1/2 Lower Richland Blvd., Hopkins.

— April 14, 6 p.m., Richland County Public Library, Cooper Branch, 5317 North Trenholm Rd., Columbia.

Tax hikes stretch smokers' budgets

By JULIA SIMPKINS
Leader Staff

Smokers who already have budgetary concerns, might have good reason to kick the habit. Federal and state tax increases have significantly raised the price of cigarettes.

The federal tax, which took effect April 1, hiked the cost of a pack of cigarettes 62 cents. The total federal tax is \$1.01. In addition, South Carolina has proposed a tax increase set for July, from the current 7 cents to 57 cents per pack. The combined hikes bring the cost of a pack of smokes up \$1.58, in addition to the regular price.

Health officials are hoping the increased tax will drive some smokers to give up the habit.

Smokers on Fort Jackson who are considering quitting have alternatives, however. Smoking cessation classes are free to eligible ID card holders, said Kenneth Cobb, health promotion coordinator, Moncrief Army Community Hospital.

Cobb said there are more applicants for smoking cessation class than available spaces.

"When you think of the amount of money people will be spending, that's an excellent incentive to quit," Cobb said. "The health benefits alone should make them do it."

However, despite the increases and health benefits, some say they will continue to smoke.

Spc. Karey Ward, an administrative specialist at 171st Infantry Brigade, smokes between a half a pack and a pack of cigarettes each day. She said she intends to continue smoking, although she may shop for a cheaper brand.

"I don't think it really changes my day-to-day decision to smoke, it just means we'll come more out of-pocket for it. My husband smokes too and we will just come down in brand name to save some money."

That sentiment was echoed by Sgt. Donald Bick at 165th Infantry Brigade's S-3 office.

"It's not going to slow me down any," he said. "I get bored and I smoke. I'll just shop around for the cheapest cigarettes."

Active duty military ID card holders and retirees can get discounted cigarettes at AAFES Post Exchanges and shopettes, but will still pay the increase, said Chester Harris,

PX manager.

"By law, we have to go along with the increase," he said. "The Department of Defense and Congress determine the pricing policy for this category of merchandise."

Smoking cessation classes are held weekly, in four sessions. Each hour-long session covers the physiological and psychological impact of quitting tobacco, as well as tips for maintaining a tobacco-free life.

Those whose tobacco dependency is strong also have the option of receiving medical help in the form of nicotine patches and prescription medication.

"We talk about the physiological affects such as withdrawal and the pros and cons of medications," Cobb said. "We also discuss stress management and avoiding weight gain."

The next smoking cessation class starts May 4 in the staff conference room of MACH. Cobb said enrollment is limited and that calling in advance is a good idea.

For information about attending smoking cessation classes, call Cobb at 751-5035.

Julia.Simpkins@us.army.mil

Educators visit



Photo by STEVEN HOOVER, U.S. Army Chaplain Center and School

Mark Dallman, a contract employee with Computer Sciences Corp., briefs a U.S. Army Recruiting Battalion-sponsored educator tour group from Albany, N.Y., on the capabilities of the U.S. Army Chaplain Center and School Religious Support Simulation Center April 2. While at USACHCS, the group which consisted of teachers, counselors and administrators from the northeast United States, received a briefing about the history and mission of the Chaplain Corps and toured the U.S. Army Chaplain museum.

Army targets sexual assault

Continued from Page 1

also receive sexual assault prevention training.

"In addition to teaching the Soldiers what sexual assault is and what steps they can take to prevent it, we also let them know what their options for reporting it are," Magallanes said. "It's important that Soldiers know that they can report sexual assault and be treated with fairness, dignity and respect."

Soldiers have two reporting options — restricted and unrestricted.

Unrestricted reporting is for victims who want medical treatment, counseling and an official investigation of the crime. Unrestricted reports are processed through the chain of command, law enforcement, the SARC or health care providers who notify law enforcement.

Restricted reporting is for victims who want to confidentially receive medical treatment and counseling without triggering an official investigation. When using the restricted reporting option, Soldiers "must" report the assault to a SARC, a victim's advocate, a health-care provider or chaplain.

There are exceptions to the restricted reporting option.

"If there is an imminent threat to the victim, or to others, then I would have to bring in law enforcement and the chain of command," Magallanes said.

To learn more about the Army's effort to prevent sexual assault, visit the prevention campaign Web site at www.preventsexualassault.army.mil.

To report a sexual assault, contact the Family Advocacy Team at 751-6325.

Michael.A.Glasch@us.army.mil

He is risen, indeed

By **CHAPLAIN (CAPT.) TIMOTHY FARY**
2nd Battalion, 60th Infantry Regiment

Early Christians often greeted each other with what is called the “paschal greeting” on Easter Sunday. This would be used in lieu of a “hello.” One Christian would say, “He is risen!” The other would reply, “He is risen, indeed!”

This tradition is still observed by Roman Catholics, Orthodox, Protestants and Christians around the world, in different languages and in different forms.

Christians believe that Jesus Christ, who was fully God and fully man, lived a perfect life as a sacrifice for the sins of mankind. They believe that he laid down his life to take our punishment and three days later was raised from the dead. Easter is the day his resurrection is celebrated.

Most Christians consider Easter to be the most important day on the Christian calendar. As you can imagine, Army chaplains are pretty busy on those days.

I spent my last two Easter Sundays in Iraq. The first, I was just with my battalion. We were in a town called Hit, which had served as a bedroom community for al-Qaida forces who attacked Ramadi.

I was amazed at the enthusiasm for worship that morning. Soldiers arrived before the sunlight, we set up benches, we sang, we heard from God’s word, and we received the Lord’s Supper — in a situation that had the potential to be very discouraging.

There were no daughters with Easter dresses, no lilies for our mothers, no chocolate bunnies and no eggs to hide and find, no trappings whatsoever. We were on a forward operating base with no running water, limited meals and an enemy who knew where we were and wanted to do us harm.

Yet the good news, the gospel, the message that Jesus Christ was indeed risen — that we might know life — reached us that morning. We were all the more aware that we had not suffered as much as Christ has on our behalf. We realized that he didn’t deserve any suffering, yet by his stripes we are healed.

The powerful message —“He is risen, indeed!” —



Courtesy photo

Chaplain (Capt.) Timothy Fary, right, conducts an Easter service in Hit, Iraq.

gripped our hearts and shone through in our singing, our praising God and the looks in the eyes of the Soldiers as they took communion.

Let that truth break through in your mind and your heart. Allow yourself to be recaptured by the good news that he is risen, indeed.

Holy Week services

PROTESTANT

Through tomorrow

☐ Protestant Holy Week worship services, noon to 1 p.m., Main Post Chapel. A small lunch will be provided.

Tomorrow

☐ Chaplain (Lt. Col.) Bart Physioc will present “The Passion of Jesus” in two parts. Part one is scheduled for tomorrow, 7-8 p.m. and part two is set for Sunday, 8-9 a.m. The presentations will take place at the MG Robert Solomon Center. The event is free and open to the community. For more information, call 751-4542 or e-mail Bart.Physioc@conus.army.mil.

☐ Good Friday Service, 7 p.m. at Daniel Circle Chapel. For more information, call 751-4478.

Sunday

☐ Post-wide Easter Sunrise Service, 8 a.m., MG Robert Solomon Center.
☐ 9:30 a.m., Main Post Chapel.
☐ 11 a.m., Memorial Chapel.
☐ 11 a.m., Daniel Circle Chapel. The 8 a.m. service will not be conducted.

CATHOLIC

Today

☐ Mass, 7 p.m., Main Post Chapel.

Tomorrow

☐ Mass, 11:30 a.m., Main Post Chapel.
☐ Good Friday Service, 7 p.m., Main Post Chapel.

Saturday

☐ Easter Vigil, 8:30 p.m., Main Post Chapel.

Sunday

☐ 9 a.m., 120th AG Battalion (Reception).
☐ 9:45 a.m., MG Robert Solomon Center.
☐ 11 a.m., Main Post Chapel.
☐ 8 p.m., McCrady Training Center Chapel.



Protestant

- Sunday
8 a.m. and 11 a.m. Daniel Circle Chapel (Gospel)
7:45 a.m. Bayonet Chapel (Hispanic)
9 a.m. and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Memorial Chapel
11 a.m. Chapel Next, USACHCS, Fox/Poling Lab.
- Wednesday
6 p.m., Prayer Service Daniel Circle Chapel
7 p.m. Gospel Mid-week Service Daniel Circle Chapel

PROTESTANT BIBLE STUDY

- Monday

- 7 p.m. Women’s Bible Study (PWOC — Main Post Chapel, Class 209)
- Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
- Thursday
9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
- Saturday
8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

PROTESTANT YOUTH OF THE CHAPEL

- Saturday
11 a.m. Daniel Circle Chapel (third Saturday)
- Sunday
5 p.m. Main Post Chapel

Catholic

- Monday-Friday
11:30 a.m. Mass (Main Post Chapel)
- Sunday
8 a.m. Mass (MG Robert B. Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)

- 9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
- Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

Lutheran/Episcopalian

- Sunday
8 a.m. Memorial Chapel

Islamic

- Sunday
8-10 a.m. Islamic Studies (Main Post Chapel)
- Friday
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

Jewish

- Sunday
9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Church of Christ

- Sunday
11:30 a.m. Anderson Street Chapel

Latter Day Saints

- Sunday
9:30 a.m. Anderson Street Chapel

Addresses, phone numbers

- Daniel Circle Chapel**
3359 Daniel Circle, Corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., Corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Chaplain School**
10100 Lee Road, 751-8050



Murillo: Proud of developing NCOs

Rank, name
Sgt. 1st Class Fabian Murillo

Unit
NCO Academy

Job title / Military Occupational Specialty
Basic Noncommissioned Officer Course senior NCO / 42A Human Resources Specialist

Years in service
13 years

Marital status
Married, three children

Highest education
Working toward associate's degree

Hobbies
"Anything involving family activities," golf



Photo by SUSANNE KAPPLER

Sgt. 1st Class Fabian Murillo has served two tours of duty in Iraq. He said he hopes to stay in the Army until retirement.

NCO spotlight

"That has been by far my most rewarding experience," he said.

Throughout his military career, he has been influenced by a number of warrant officers and NCOs.

"They have always taken care of me, and they have always been passionate about taking care of other people," he said. "They're always concerned about taking care of Soldiers and doing the right

thing."

His goals are to receive his bachelor's degree and to either become a warrant officer or become a command sergeant major.

His advice for junior enlisted Soldiers: "Listen to your senior NCOs. Most importantly, in my opinion, you can always learn something from everybody," he said. "That's basically how you develop yourself — by grasping a lot of things from everybody."

We salute you!

The NCO Creed

No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as "the backbone of the Army." I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

NCOs not just backbone, but life blood of Army

By MAJ. JOHN W. LUBAS
*Command and General Staff College
Fort Leavenworth, Kan.*

FORT LEAVENWORTH, Kan. — The noncommissioned officer is often referred to as the "backbone" of the Army, and this description and the honor of 2009 being designated the Year of the NCO are well deserved. NCOs are critically important to the Army and their impact cannot be overstated.

The duties and responsibilities of the NCO are broad and complex. NCOs serve as primary trainers, caretakers, advisers and executors of the most critical missions. NCOs train and care for their Soldiers, instill values and discipline and develop our Army's future leaders. NCOs are the experts in their craft and train their subordinates to exacting standards.

Through constant interaction, mentoring and teaching NCOs instill the Army Values and mold young men and women into proficient, disciplined and reliable Soldiers. NCOs serve as the caretakers of the lower enlisted ranks. They help solve their Soldiers' problems and help them care for their families.

An NCO's ultimate responsibility is to develop future

COMMENTARY

leaders. A single NCO influences and develops scores of Soldiers during his or her career and passes knowledge to the next generation of leaders.

In addition to training and developing enlisted personnel, NCOs also train, mentor and advise their officer counterparts. Although a second lieutenant studies small unit tactics and leadership, he often learns true leadership and how to serve as an effective platoon leader from his platoon sergeant.

Similarly, commanders at all levels rely on the experience and insight of their first sergeants and command sergeants major for decisions ranging from care of the Soldiers, to tactical planning, to developing their personnel and organizations for future requirements and challenges.

For this reason, most officers routinely acknowledge that any personnel or organizational successes are a result of the hard work and leadership of their NCOs.

NCOs provide stability and continuity in ever-changing organizations. Although officers may make significant impacts on their organizations, their influence is

often of short duration because of their rapid turnover.

In contrast, NCOs often remain in the same organizations for extended periods of time, allowing units to build upon success and retain lessons learned.

These leaders have experienced years of innovation and change in their unit's missions, tactics, techniques and procedures, and witnessed the evolution of the operating environment and enemy. The benefits of this long-term experience cannot be overemphasized.

In addition to training and developing Soldiers and officers and providing stability within units, NCOs execute plans.

In the current operating environment, NCOs commonly execute missions outside of their traditional skill sets and have proven remarkably flexible and adaptable.

Regardless of the challenges posed by the complex operating environment and requirement to execute non-traditional tasks, the adaptability, competence and exceptional leadership of the NCO Corps has enabled success in combat.

Although NCOs are commonly referred to as the "backbone" of the Army, one may also argue they serve as the heart pumping life blood in the form of innovative ideas, advice, proficient Soldiers and a no-fail attitude through the body of the Army.

Spending quality family time offline

Hi. My name is Crystal, and I'm an addict. My addiction of choice is not alcohol or drugs, but the Internet.

It all started so innocently: When my husband deployed in 2005, the Internet was our main source of communication. If he was unable to get to a phone, or if I missed a phone call, I knew that I'd still have an e-mail waiting in my inbox when I got home.

After he returned, we would both sit in the living room, laptops propped open, instant messaging friends and family, e-mailing photos, getting the scoop on the latest in celebrity gossip (me) and checking the most up-to-date sports scores (him).

Soon, the Internet became the source for all my information. It fed my other obsessions (hair and shoes) and most recently has been the place I turn to most to find out if our son is sick, determine the source of his fussiness, or just to commiserate with other moms. What started out as a quick look online has turned into hours spent in front of the computer.

I didn't realize how bad it was until my husband started making jokes about my "secret life." When I got an espe-

Crystal Lewis Brown
Leader staff



cially disheartening report during our son's 2-month appointment, I immediately went online to share the news. "Sharing the news with your friends?" he asked, only a little mockingly.

Things came to a head a month ago when our Internet went out. For three. Whole. Days. I was beside myself. What would I do if I couldn't get online? What if I missed something on my regular forums? How would I find out the latest on the Chris Brown/Rihanna controversy? Despite my angst, I found other things to do. I read books I checked out from the library. I took a walk. The whole

family, dog included, huddled together on the couch and watched a favorite television show.

But once the Internet came back on, I went back to my old ways.

The other day as I surfed the 'net, I took a look around. I'd come home and immediately turned on the computer. My husband sat looking through his phone, which is also Internet equipped. And I made a realization — the Internet, which was meant to keep us connected, was disconnecting me from my family. And I didn't like it.

So I pledge to limit my time on the computer, and instead, do some of the things I used to do before the Internet became such a big part of my life.

Instead of making e-friends, I'll make some real ones. Instead of jumping online to get the latest news alerts, I'll read the newspaper or watch the nightly news.

And though I may miss out on the latest celebrity drama or the most recent analysis of the health benefits of nursing, I'll gain something much more important — quality time with my family. And that is worth more than anything I've ever found online.

Crystal.Y.Brown@us.army.mil



Garden Word Find

Just in time for National Gardening Month, see how many related words you can find and circle in the puzzle.

BACKYARD	GARDEN	RELAXATION
BIRDS	LAWN	SEEDS
FERTILIZER	MULCH	VEGETABLE
FLOWER	PLANTING	WATER

R P G V Y R N M N V F L
K B K N E V U Q E S B R
B B L W I L S G D E R Z
A I O A C T B E R E T F
B L R H X T N G A D I N
P F F D A A S A G S L L
S A L B S F T A L P I N
R N L N W A L I M P Z Z
G E W A T E R E O P E P
D R A Y K C A B X N R C
N C R G B S F Q Z V T S
Y W G S W P R R L P U N

Gardening Scramble

Unscramble the words to complete the sentences.

1. You can use certain Q D E Q scraps as fertilizer.
2. Many people water their lawns with a S E P P E L K I N.
3. Tree S R Q Q T can damage house pipes.
4. Certain S S B I N T C can be beneficial to the garden.

Scrambled words are: Q D E Q, S E P P E L K I N, S R Q Q T, S S B I N T C

THIS DAY IN...

APRIL 9

HISTORY

- 1885: GENERAL ROBERT E. LEE SURRENDERED TO ULYSSES S. GRANT
- 1914: THE FIRST FULL-COLOR FILM WAS SHOWN IN LONDON
- 1958: NASA ANNOUNCED THE SELECTION OF THE FIRST ASTRONAUTS. AMONG THEM WAS JOHN GLENN AND ALAN SHEPARD.

New word

MULCH

material that is added to the soil

Easter egg hunt



Courtesy photo

Family members of the 3rd Battalion, 60th Infantry Regiment participate in a balloon pinata during the unit's Easter egg hunt Saturday. More than 200 children, family members and cadre participated in the event, which included horse rides and food.

LEADER DEADLINES

- ☐ Article submissions are due two weeks before the scheduled publication. For example, an article for the April 23 Leader should be submitted by April 9.
- ☐ Announcements are due one week before the scheduled publication. For example, an announcement for the April 23 Leader should be submitted by April 16.
- ☐ Send all submissions to FJLeader@conus.army.mil.

Event honors military children



Photos by DAVID SHOEMAKER, FMWR

Twelve-year-old Amanda Ambrose, a family member, enjoys the rock climbing wall during the Month of the Military Child Family Fun Fair event Saturday at Hilton Field.

By JENNIFER MYER
FMWR Marketing

The sound of laughter and music filled Hilton Field at Fort Jackson's first Family Fun Fair Saturday.

Child Youth and School Services, in partnership with Family Morale Welfare and Recreation, put together the family-friendly festival to introduce the Month of the Military Child.

From carnival rides to crafts, face painting and concessions, there was entertainment for everyone.

Spc. Chase Brown from the Warrior Transition Unit described the event as "a great family experience."

The sun shone bright on this near-perfect day, adding to the children's

enjoyment.

"I especially like the baby crawl area," said Leslie Noble, an Army wife and mother of three.

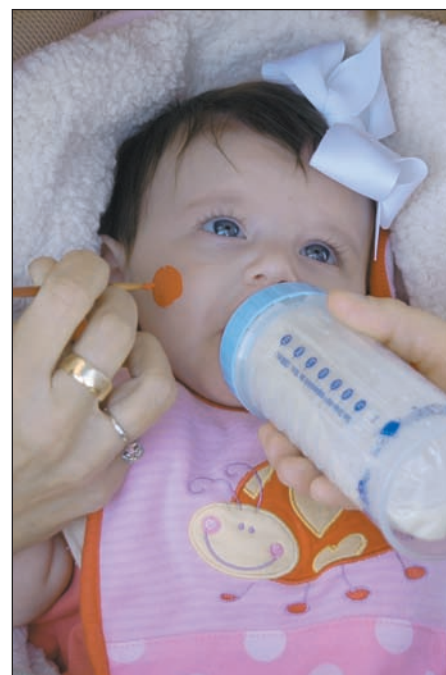
Older children participated in a variety of activities and games, which were coordinated by Cindy Andre Noel, acting Outreach Services director and lead CYSS coordinator.

The fair is the start of this month's many events to honor military children, who also face some of the hardships and adjustments of military life, such as deployments and permanent changes of station.

The Army has designated April as a time to recognize these children's strength and bravery and give back to them.



Staff Sgt. Greg Lee and his son Nathan, 9, enjoy some quality time at the Family Fun Fair.



At left: Ada Beth Berry, 3 months old, gets her face painted.

Injury no match for Soldier's tenacity

By **SUSANNE KAPPLER**

Leader Staff

For Soldiers in Basic Combat Training, 10 weeks may seem like a long time. For one Soldier, the road to graduation took more than a year.

Pvt. Nancy Miqueo, who will graduate tomorrow with Company D, 2nd Battalion, 39th Infantry Regiment, first came to Fort Jackson for BCT in March 2008.

Only three days into training, she broke her leg and was sent to the Physical Training and Rehabilitation Program.

From the start, the doctor who treated her had little hope that she was going to be able to stay in the Army. However, Miqueo was not ready to give up.

"I told him I didn't want to go home," Miqueo said.

A short time later, she was offered a medical discharge for the first time, but the Soldier was not swayed despite being told that her healing process would take a long time.

"I said I didn't want to take it. I wanted to heal and go back to basic."

It proved to be a challenge. While in rehabilitation, Miqueo developed bilateral fractures and shin splints.

"I was on a dead man's profile pretty much the entire time I was there," she remembered.

Still, quitting was not an option for Miqueo.

"It's always been my dream to be in the military and work for this country," she said. "I'm not from this country (originally). I'm from Mexico. When I was growing up, my biggest dream was to come to this country and

serve in the military."

The 30-year-old mother of two found strength in the possibility of fulfilling that dream.

"Wearing my uniform every day — that's what kept me motivated," she said.

The months dragged, but she was finally cleared to start BCT again. Miqueo was apprehensive at first.

"I felt more confident, but I was still scared of getting hurt," Miqueo said.

Soon after she arrived at her new unit, she was confronted with her first challenge.

"One of our first training events was Victory Tower, which is, of course, where she fractured her leg," said Staff Sgt. Robert Wyper, one of Miqueo's drill sergeants. "We talked to her prior to (the event) and her head was in the game. She was strong. She, in fact, wanted to be the very first person in the company to go through it, to set the standard and lead the way, which I thought was amazing."

Miqueo made it through Victory Tower, and though she had to catch up on her physical fitness scores, she persevered.

"I used her as a role model, as an example for a lot of my platoon for the seven Army Values and standing up for what we should be doing in the big picture," Wyper said.

"She's persevered with so much heart — it spoke volumes. She overcame a lot of obstacles. ... She's a model Soldier — a great Soldier with a lot of heart. She's what we're looking for."

Susanne.Kappler1@us.army.mil



Photo by CRYSTAL LEWIS BROWN

Pvt. Nancy Miqueo, Company D, 2nd Battalion, 39th Infantry Regiment, graduates tomorrow after spending more than 10 months rehabilitating from a Basic Combat Training injury she sustained last year.

Contest goes to the dogs

By **THERESA O'HAGAN**

Family and Morale, Welfare and Recreation

For the third year, Fort Jackson dog lovers can show off their best friends in the wackiest dog show ever, the April Fool-ish Dog Show, April 26 at the Youth Sports Complex.

Dogs that never bark to wake the dead in the middle of the night, have a coat that is always smooth and shiny, breath like perfume, and never leave puddles on the floor need not apply.

Competition will be "ruff" and could get a little hairy. All participants will receive a "doggy bag" and first, second and third place awards will be given in the following categories: Prettiest eyes, hairiest dog, longest tail, most diva-like, celebrity/owner look-a-like, longest ears, best costume, best "kisser," most unique trick, "ya gotta love me," most mysterious heritage, best senior, cutest puppy and best vocal performance.

There will also be a separate show for children who do not own a dog, but have a "real" stuffed dog. Categories for that show include: Least obedient, squeeziest, most inanimate, biggest and most resembling a real dog.

Last year's show was a success, said Beverly Metcalfe, director, Youth Education and Support Services. More than 30 dogs of all shapes and sizes participated and a tail-wag-

gin' time was had by both the two-legged and four-legged participants.

"This year, we expect even more dogs and will have a very hard time deciding on the winners. I don't think any dog has ever left empty handed. Or is that empty pawed?"

Every year all of the dogs are wonderful. Of course the very smart ones know how to influence the judges by turning on the charm and literally kissing up to them," said one of the judges who chose to remain anonymous. "This is one contest where licking or jumping on the judge will give you a distinct advantage."

Show hours are 2-4 p.m. with registration beginning at 1:30 p.m. Contestants are encouraged to pre-register for the event. Registration is free with a donation of old towels, blankets, dog toys, leashes or treats. Proceeds benefit the Fort Jackson Veterinary Clinic. Pre-registration packets may be obtained at any Child, Youth and School Services location or at the CYSS Central Enrollment Office in the Joe E. Mann Center, 3392 Magruder Ave. For more information, call 751-3053.



CRITICAL CONDITIONS

Conditions such as rain, snow and ice reduce traction and, combined with driver errors, can create a recipe for injury or death. Many of these accidents are preventable, so identify the risks and do something about them.



HERE ARE SOME TIPS TO KEEP SAFE ON WINTRY ROADS:

- Brake early in traffic
- Check your tires
- Free yourself from distractions

And always wear your seat belts!



FMWR calendar

TODAY

- ❑ Visit Century Lanes for food, fun and bowling.
- ❑ Magraders Pub and Club is open for lunch.
- ❑ Visit the Officers' Club for specials or the buffet.

TOMORROW

- ❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ❑ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Fish fry at the Officers' Club, 11 a.m. to 1:30 p.m.
- ❑ Health Rocks, 6:30-9:30 p.m., Youth Services Center, includes a healthful dinner and fun activities.

SATURDAY

- ❑ Step Team practice, 2 p.m., Dance Room at the Youth Services Center.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military. Live broadcast from the BIG DM 103.1 with giveaways, 9:30-11 p.m.
- ❑ Easter golf ball hunt, noon to 6 p.m., Palmetto Greens Miniature Golf. Admission is free.
- ❑ Teen flashlight egg hunt, begins at dusk, Youth Services Center.
- ❑ Spring jamboree, Earth Day activities, Easter egg hunt, 10 a.m. to noon, Youth Sports Complex.
- ❑ Master tournament, through Sunday, Fort Jackson Golf Club.

SUNDAY

- ❑ Family day at the Youth Services Center, 2-6 p.m.
- ❑ Traditional brunch, 11 a.m. to 2 p.m., Officers' Club.

MONDAY

- ❑ The NCO Club offers a full lunch buffet Monday-Friday, 11 a.m. to 1:15 p.m. for \$7.

TUESDAY

- ❑ Youth Sports Spring Spectacular, free skill session in baseball, 5-7 p.m., Youth Sports Complex.
- ❑ Exceptional Family Member Program trip to Ed-Venture Children's Museum, 5 p.m.

WEDNESDAY

- ❑ Karaoke night with Tom Marable at Magraders Club. Cover charge is \$5 for civilians and \$3 for military.

ANNOUNCEMENTS

- ❑ New passport requirements will be in effect June 1. For more information about the new requirements, visit www.fortjacksonmwr.com/travel.
- ❑ The next Family Child Care Orientation Training is scheduled for May 11-15, 8 a.m. to 4 p.m. at the Joe E. Mann Center. The FCC program offers employment opportunities for military spouses who enjoy working with children. Registration is required by May 6. For more information, call 751-6234/1293.

ONGOING OFFERS

- ❑ Enjoy resort accommodations for between two to six people with the Armed Forces Vacation Club for less than one would pay for most hotels. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is installation number 164.1

Issue submissions sought this month

The third quarter of fiscal year 2009 is under way and issues that impact members of the Fort Jackson community should be submitted to Customer Management Services this month.

It is important for CMS to have a cross section of submissions from Soldiers, family members, civilian employees, retirees and veterans to ensure that each of these constituent groups' voices are heard.

Issue submission month is part of the Community FIRST quarterly process designed to identify and resolve problems that cannot be resolved by the Interactive Customer Evaluation system.

Feedback designed to improve the services provided across the installation or suggestions for new services are ideal Community FIRST issues. The process works as follows: Throughout April, issues will be requested and collected; in May, issues will be validated and distributed to the directorates or organizations responsible for resolution; in June, the installation action council will convene and vet each active issue and then vote whether to forward the issue for higher resolution.

This course of action is repeated each quarter throughout the fiscal year. All community members are encouraged to participate in this process in order to improve

CUSTOMER SERVICE CORNER

By **VERONICA PATRICK**
Community FIRST Coordinator

customer service on Fort Jackson.

There are several methods for community members to retrieve an issue form: Copies can be found in the foyer of the Strom Thurmond Building and at the CMS office located in building 3499. Many directorates distribute issue forms to their staff at the beginning of the quarter; however, individual requests may be made by calling 751-3425. Another way to submit is online on the CMS Web site, which can be accessed by clicking "Customer Management Services" on the Fort Jackson home page.

So far, 38 Community FIRST issues have been collected this fiscal year. Since the start of the program in 2004, more than 700 issues have been submitted. This averages 10 times the amount of issues that were previously surfaced during Fort Jackson's annual process.

Resolving issues each quarter, rather than once a year, helps community leaders address a larger number of issues

on a continual basis and allows for installation-level issues to be handled locally.

Questions regarding the Community FIRST issue-resolution process may be directed to CMS at 751-3425 or 751-4926.

A complete list of Community FIRST issues and their status can be found on the Customer Management Services Web site at www.jackson.army.mil/WellBeing/wellbeing.htm. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST Logo.

Whether it affects individuals and constituent groups here at the installation level or throughout the Army, feedback is important.

ICE APPRECIATION

The garrison congratulates the Directorate of Family and Morale, Welfare and Recreation, Army Community Service; specifically family advocacy and employment readiness.

They have achieved a 4.93 and a 4.89 percent rating, respectively, out of a possible 5.0 in employee/staff attitude throughout a 12-week period. This is an outstanding performance in customer satisfaction.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Sgt. 1st Class
Wayne Scarpulla
Company C
2nd Battalion,
39th Infantry Regiment



Staff Sgt.
Adrian McGill
Company D
2nd Battalion,
39th Infantry Regiment



Sgt. 1st Class
Margaret Ray
Company E
2nd Battalion,
39th Infantry Regiment

STAFF SUPPORTER OF THE CYCLE

Staff Sgt. Christopher Nunez

TRAINING SUPPORTER OF THE CYCLE

Andrea Carlow

SOLDIER LEADERS OF THE CYCLE

C 2-39 Pvt. Connor Griffith
D 2-39 Pvt. Chandra Hundley
E 2-39 Pvt. Carlos Rios

SERVICE SUPPORTER OF THE CYCLE

Antonio Vazquez

FAMILY SUPPORTER OF THE CYCLE

Alama Little

DFAC SUPPORTER OF THE CYCLE

Monique Covington

SOLDIERS OF THE CYCLE

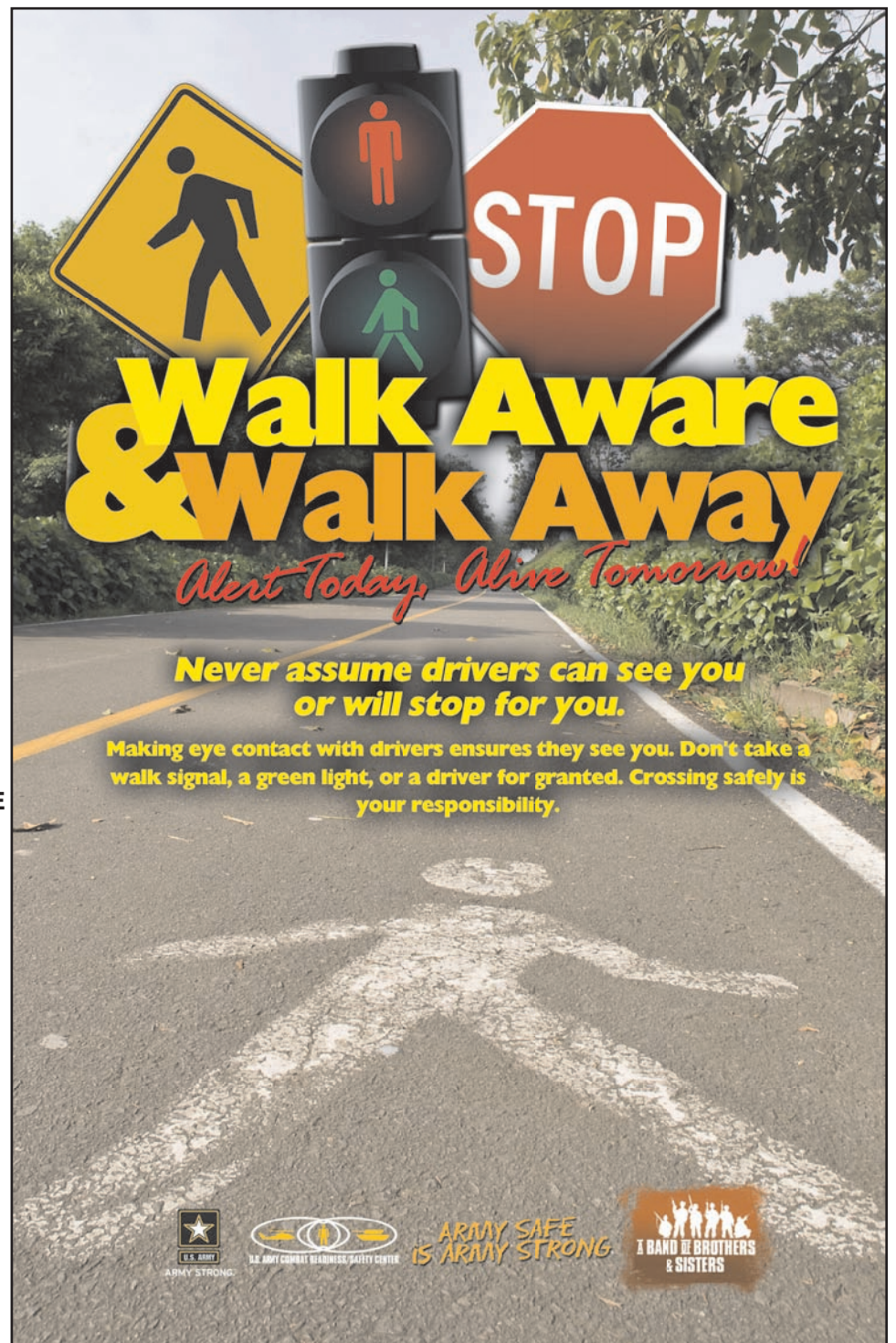
C 2-39 Pvt. Christopher Hidalgo
D 2-39 Pvt. Julian Guscott
E 2-39 Pvt. Logan Cherry

COMBAT FOCUS RIFLE MARKSMANSHIP OF THE CYCLE

C 2-39 Pvt. Justin Lemon
D 2-39 Pvt. Scott Patterson
E 2-39 Pvt. Joseph Keefe

HIGH PHYSICAL TRAINING SCORE OF THE CYCLE

C 2-39 Pvt. Anthony Young
D 2-39 Pvt. Chandra Hundley
E 2-39 Pfc. Steven Clough



Recurring meetings

WEEKLY

Walking away stress
Mondays and Fridays, 9 a.m. at the pecan orchard near the post office on Early Street, 751-6325.

Play group
Mondays, 10-11:45 a.m. at 5615 Hood St., Room 8, for children 4 and younger, 751-1071/6304.

Range control briefing
Mondays and Fridays, 1 p.m. at the Education Center, Room 302, 751-7171.

Columbia Composite Squadron (Civil Air Patrol)
Mondays, 6:30 p.m. at Owens Field, main conference room. E-mail *tom.alsup@gmail.com* or visit *www.scwg.cap.gov*.

Helping everyone reach optimum strength
Tuesdays, 5-6 p.m. at Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members, 751-2160/2183.

Medical Board Office
Closed Thursdays, 7:30 a.m. to 1 p.m., 751-0359/7152 or 7318.

Protestant Women of the Chapel
Thursdays, 9:30 a.m. to 12:30 p.m. at the Main Post Chapel, bible study and fellowship. Home schoolers are welcome. Free child care is available. E-mail *pwocjackson@yahoo.com*.

Overseas travel clinic
Fridays, 8:30 a.m. to noon, 751-5151.

Military Widows/Widowers Association
Sundays, 2 p.m. at Moncrief Army Community Hospital, eighth floor, 787-2469.

MONTHLY

Ladies Auxiliary
Second Sunday of the month, 3 p.m. at 534 S. Beltline Blvd., 782-5943 or 782-0148.

Weight Loss Surgery Support Group
Second and fourth Monday of the month, noon at the Weight Management Center, 180 Laurel St.
Second and fourth Tuesday of the month, 6:30 p.m. at the Palmetto Health Baptist Breast Health Center, 1501

Sumter St., ground level, meeting room 2.

Seabees
Second Monday of the month, 7 p.m. at West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.

Veterans of Foreign Wars
Second Monday of the month, 7:30 p.m. at 534 S. Beltline Blvd., 782-5943 or 782-0148.

La Leche breastfeeding support group
First Tuesday of the month, 10 a.m. to noon at 5615 Hood St., Room 8, 751-5256/6325.

Sergeant Audie Murphy Club
First Tuesday of the month, 11:30 a.m., at the Post Conference Room, *www.jackson.army.mil/360/SAMC/home.htm*.

American Legion Post #182
First Tuesday of the month, 7 p.m. at the Officers' Club, 351-2333.

National Federation of Federal Employees
Second Tuesday of the month, 11:30 a.m. at 4405 Forney St., first floor, call 751-2622 or e-mail *NFFE@conus.army.mil*.

Disabled American Veterans
Second Tuesday of the month, 6 p.m. at 511 Violet St., West Columbia, 796-7122.

Fleet Reserve Association Unit 202
Third Tuesday of the month, 1 p.m. at 2620 Lee Road, 482-4456.

Veterans of Foreign Wars Post 4262
Third Tuesday of the month, 7 p.m. at 5821 North Main St., 754-1614 or 447-2320.

Vietnam Veterans of America Chapter 303
Third Tuesday of the month, 7 p.m. at American Legion Post 6, 200 Pickens St., 312-4895.

Purple Heart #402
Fourth Tuesday of the month, 7 p.m. at the American Legion Post 6 on Pickens Street, 351-2333.

American Red Cross
New adult volunteers orientation is the second Wednesday of the month from 9 a.m. to noon at building 2179 on

Sumter Ave. For more information, call 571-4329.

“Victory Riders” Motorcycle Club
First and third Thursdays of the month, 5 p.m. at Magraders Club. E-mail *sec@ffvictoryriders.com*.

Society of American Military Engineers
Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.

MEDPROS training
Third Friday of the month, 1-4 p.m. at Moncrief Army Community Hospital, Room 9-83. E-mail *Jaclynne.Smith@amedd.army.mil*.

Retired Enlisted Association
Third Friday of the month, 5:30 p.m. at Moncrief Army Community Hospital, third floor, call 740-2319 or e-mail *jrodgers11@sc.rr.com*.

92nd Buffalo Chapter 20 DAV
Third Saturday of the month, except July and August, 11 a.m. at the DAV Headquarters 511 Violet St., West Columbia, 260-1067.

U.S. Navy Sea Cadets
Third weekend of the month, for 11-18 year olds, 622-8707.

Fort Jackson Spouses' Club
Monthly meetings, visit *www.fortjacksonspousesclub.com* or e-mail *Ft.JacksonSpousesclub@yahoo.com*.

Thrift Shop board
Second Monday of the month, 10 a.m. at the Thrift Shop, 787-2153.

Veterans of Foreign Wars Gandy-Griffin Post 4262
Third Tuesday of the month, 7 p.m. at 5821 North Main St., 754-1614 or 447-2320.

The Ladies Auxiliary Post 4262
Second Sunday of the month, 5 p.m. at 5821 North Main St., 754-1614.

SUBMISSIONS

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to *fjleader@conus.army.mil*.

HAPPENINGS

Calendar

Today

Red Cross blood drive

9:30 a.m.-2:30 p.m., SSI library
Call 360-2036 to sign up.

Today-Tomorrow

Teen overnight college trip

Call 751-6387 for more information.

Tomorrow

Health Rocks

6:30-9 p.m., Youth Services Center

Saturday

Teen Flashlight Egg Hunt

Dusk, Youth Services Center

Sunday

Spring Jamboree

Earth Day activities and Easter Egg hunt
10 a.m.-noon, Youth Sports Complex

Tuesday

Fort Jackson Spouses' Club lunch

"Hot times in Columbia"
11 a.m.-1 p.m., Officers' Club
RSVP by today at (803)338-3381 or at
FJSCreservations@yahoo.com.

Combat Infantryman's Association

6 p.m., Officers' Club
RSVP at 351-2333 or at
James.Kyzer@bellsouth.net.

Thursday, April 16

The Rocks Inc.

"Behavioral Health Issues"
5:30 p.m., Post Conference Room
RSVP by April 15 at 751-1898.

Sunday, April 19

Days of Remembrance program

9:30 a.m., Memorial Chapel

Tuesday, April 21

Fort Jackson Town Hall Meeting

5:30 p.m., MG Robert Solomon Center

Thursday, April 23

Home buying education workshop

5:30-7:30 p.m., Post Conference Room
Call 751-5788/9339 for information.

AUSA luncheon

11:30 a.m., Officers' Club
For more information contact
SBButler@bellsouth.net.

Announcements

OPERATION PURPLE

The National Military Family Association's Operation Purple camps offer a free week of fun for military children with parents who have been, are currently, or will be deployed. For more information visit www.operationpurple.org.

SUPPORT COMMAND JOBS

The 81st Regional Support Command Office of the Staff Judge Advocate has

vacancies for six Reserve officers and one Reserve E-5. For more information, call Chief Warrant Officer 3 Kevin McSally at 751-2692 or Master Sgt. Denise Underwood at 751-0833.

FORT JACKSON THRIFT SHOP

Two paid positions are available at the Fort Jackson Thrift Shop. One is for a donation clerk and the other is a cashier. To fill out an application, visit the Thrift Shop, Tuesdays, 9:30 a.m. to 2:30 p.m., and Thursdays, 9:30 a.m. to 5:30 p.m. The shop also has a good selection of prom dresses in stock. The Thrift Shop will be closed Friday.

DONATE, RAFFLE AND FLY

Sign up to fly with the Patriot Air Demonstration Team at a 2009 Air Show. For more information, go to www.honorflight.org.

TEN STAR BASKETBALL CAMP

Boys and girls, ages 10 to 19, are eligible to apply for basketball camp. Scholarships are available for participants. Go to www.tenstarcamp.com for more information.

FORMER STUDENTS SOUGHT

Students and teachers from Fort Jackson Elementary School for the period of 1963-1966 are being sought for personal memories to commemorate the site. Call Rhett Risher at 751-7524 or Denise Cuenin at 751-4096 for more information.

CASELOT SALE

Today, 8 a.m.-8 p.m., and tomorrow, 1-10 p.m. at the South Carolina Army National Guard, 150 Speedway Drive, Fountain Inn, S.C.

Military ID cardholders may participate. For more information call (864) 862-5563 or 751-5789, extensions 300, 344 or 343.

AUSA SCHOLARSHIP

The Association of the United States Army, Fort Jackson — Palmetto State Chapter, is offering educational scholarships to chapter members. The deadline is May 15.

For more information contact SBButler@bellsouth.net.

PARKING LOT CLOSURE

The parking lot behind the MG Robert Solomon Center will be closed April 13-24 for repaving.

CONTRACTING SESSIONS

The Directorate of Contracting will conduct customer training sessions April 28-30. Topics include: Preparing purchase requirement packages; developing independent government estimates; developing performance work statements; contracting officer representative responsibilities; ordering officer responsibilities; market research; preparing sole source justification; competition; wide area workflow; GPC&GSA schedules;

dealing with contractors. For more information or to register contact Sherrill.King@us.army.mil by April 21.

SEVERE WEATHER SIREN

Starting April 15, Fort Jackson will begin testing its emergency siren warning system at noon on Wednesdays. These will only be tests. The tests are designed to ensure the emergency alert system works and to raise awareness on Fort Jackson and the surrounding communities about the system's existence.

Housing events

Tomorrow

Cookout/Grow with us

12-3 p.m. behind Balfour Beatty offices
Mulch and flowers will also be available for residents.

Easter Eggstravaganza egg hunt

3 p.m.

Wednesday

Interactive cooking show

11 a.m. RSVP required.

Thursday, April 16

Boundless playground focus group

9-11 a.m.
Balfour Beatty conference room
Call 751-9339 for more information.

Recipe exchange party

Bring your favorite dish and recipe to exchange.
12 p.m.

Emergency notification program

Balfour Beatty is instituting a new voice broadcasting system that will notify residents immediately in the event of an emergency. Call 738-8275 or send an e-mail to CoWilliams@bbcgrp.com to register with your cell phone number.

All events are held in the Balfour Beatty Communities management office unless otherwise specified. For more information or to register for any events, call Courtney Williams at 738-8275.

Off-post events

Saturday

Intermediate Foxtrot Dance Workshop

1:30-3:30 p.m., 680 Cherokee Lane

Azalea Ball/food drive

7:30-10:30 p.m., The Barn, 680 Cherokee Lane; Call 407-0132 for more information.

Palmetto Painters Meeting

10 a.m. Green Hill Baptist Church
1734 Augusta Road
Acrylic landscape project
Call 781-2340 or visit www.palmettopainters.com.

Pets of the Week



Photos by OITHIP PICKERT

From top: 2-year-old Rottweiler and a 2-year-old Labrador mix, both female. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

Cancer Awareness Motorcycle ride

11:15 a.m., former Sears parking lot on Garner's Ferry Road
Call 461-3117 or 422-2975 for more information.

Thursday, April 16

Lunch & Listen

12:30-1 p.m., Richland County Public Library, Main branch
Special guest mezzo-soprano Jan Merchant. Call 929-3450 for more information.

Friday, April 18

Great Irmo Cleanup

9 a.m.-noon
Call 733-1139 for more information.

Friday, April 18-Saturday, April 19

67th Doolittle Raiders Reunion

Call 772-2945 or visit www.celebrate-freedomfoundation.org for event schedule and more information.

New deadlines for *Leader* announcements

Community submissions to the *Leader* should be typed, no more than 45 words, and should include: who, what, when, where, and a why, **Announcements must be submitted one week prior to the event.** The *Leader* reserves the right to edit announcements. To submit an announcement, e-mail it to FJLeader@conus.army.mil.

Post-retirement habits can lead to weight gain

My father, Sgt. 1st Class Thomas M. Hundley, retired from the Army in 1995 after 20 years of active service.

He immediately began a second career as a licensed practical nurse, but purposely neglected the Army standard of conducting physical training as a weekly routine.

My father was more than happy to put that required part of his life behind him. In less than a year, he gained 20 pounds and another 20 by the following year.

But it doesn't stop there.

With the additional weight, he began to develop knee and back problems, which further limited his mobility.

When he finally decided to more active, the weight of the additional 40 pounds on his frame led to a knee injury.

During his six weeks of immobility, he managed to pack on another 20 pounds.

My father had to learn the hard way that the older the body gets, the harder it is to lose weight.

In our youth, a higher metabolism rate allowed us to easily burn off extra calories. But as we get older, it seems as though the mere smell of food causes us to gain a few pounds that hang around for years.

Older adults may experience weight changes upon retirement for a number of reasons.

Those reasons include becoming less physically active; having less structured meal times; and consuming additional food in response to losing their personal identity. Also, research has shown that retirees tend to snack more as a result of extra free time.

Some medical experts predict that the life expectancy of Americans may drop by five years because of obesity and its side effects.

How many recent retirees do you know with an obvious increase in weight? How many people do you know whose

MAJ. THOMAS HUNDLEY *Moncrief Army Community Hospital*



health

has declined as a result of being overweight?

We all have the power to prevent this ever-growing problem. Here are three basic principles to a healthier lifestyle:

— Engage in physical activity at least three to four times per week.

— Eat in moderation and choose healthier foods and snacks.

— Drink plenty of water and limit sweet beverages.

In addition to his retirement check, my father acquired severe back pain, high blood pressure, diabetes, a major knee injury, arthritis and a son who has no problem telling the world his personal business.

However, this does not have to be you.

To provide you a Hollywood ending to this story, my father began walking four days per week as part of his 2009 New Year's resolution. He has lost 15 pounds and his health has improved tremendously.

You have the power to make your golden years the best years of your life. Always remember the famous words of Benjamin Franklin, "An ounce of prevention is worth a pound of cure."

Stay Fit!

Registry helps cancer patients

From National Cancer Registrars Association

Cancer registrars around the world will join their colleagues and local community leaders to observe the annual National Cancer Registrars Week, Monday through April 17. The 2009 theme "Cancer Registrars ... Rock Solid" reflects the dependable professionalism cancer registrars provide across the spectrum of cancer-related initiatives.

Quality cancer data is central to the nation's cancer-fighting efforts and cancer registrars are the first link in capturing data on patients diagnosed with cancer.

Cancer registry data from cancer registrars are the basis for the Centers for Disease Control and Prevention's recent "1999-2005 United States Cancer Statistic" Web-based report, a publication produced by the CDC and the National Cancer Institute, in collaboration with the North American Association of Central Cancer Registries. The report can be accessed by visiting www.cdc.gov/uscs and features information on more than 1 million cases of cancer diag-

nosed in 2005 among residents of 48 states, six metropolitan areas and the District of Columbia — geographic areas in which about 96 percent of the United States population reside.

"Cancer registrars are the foundation of cancer statistics. This important week shines a spotlight on the skilled expertise of cancer registrars," NCRA president Lynda Douglas said. "Physicians, researchers, health-care administrators and standard setters rely on accurate cancer data every day — a commitment cancer registrar fulfill."

Cancer registrars are data-management experts working in cancer treatment and research settings. They find, interpret and record a wide range of demographic and medical information on people with cancer. The information is submitted to state and national cancer registries for use in research, treatment and prevention initiatives. Cancer programs are thus able to accurately determine cancer patient populations, measure outcomes of treatment and survival, and formulate plans for quality improvement.

For more information, visit ncra-usa.org.

MACH updates

OPHTHALMOLOGY

The Moncrief Army Community Hospital Ophtalmology Clinic will conduct quick cataract evaluations April 24 for all beneficiary categories, including active-duty family members, retirees and retiree family members.

To schedule an appointment, call 751-5406. Patients do not need a referral to schedule an appointment.

ONGOING CONSTRUCTION

There is ongoing construction to the parking lot on the ground floor entrance to the hospital to make it more ADA compliant.

Staff members should only park where they are allowed. Stay off the grass or you will be ticketed. These repairs will take three to four weeks to complete, so please be patient while the parking lot is upgraded.

APPOINTMENT CANCELLATIONS

A phone number has been established for patients to call to cancel their appointments after duty hours. To cancel an appointment after duty hours, call 751-2904.

During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273) to cancel an appointment.

NEW PHARMACY LOCATION

The pharmacy is now located on the ground floor and the TRICARE, EFMP and EDIS offices are located on the 10th floor.

MACH TOLL-FREE NUMBER

Reach MACH toll-free at (877) 273-5584 or locally at 751-CARE (2273), or visit online at www.moncrief.amedd.army.mil or www.tricare.osd.mil.

CHILD ABUSE PREVENTION DISPLAYS

The Thomas Lee Hall Library will have a visual display set up in its lobby throughout the month. Today is the last day for the Child Abuse Prevention display in the MACH lobby.

Calendar

Today

Prevention and Education Bully Awareness Class
5615 Hood St., Classroom 10.

April 21

Child abuse prevention workshop
9 a.m. to 2 p.m.
C.C. Pinckney Elementary School

April 25

Retiree health fair
9 a.m. to 2 p.m., MG Robert Solomon Center.

OFF-POST EVENTS

April 27

Prevention Cafe ACS booth
11 a.m.-1 p.m., South Carolina Department of Social Services, 1535 Confederate Ave.

Portraits not always ‘picture’ of truth

By **CAPT. JENIFFER COX**
Legal Assistance Attorney

Recently a number of Soldiers, who either just deployed or were scheduled for deployment, have been approached by photographers offering to photograph their families and to provide free copies of the photographs to the family.

These opportunities may have hidden strings attached, which may have financial and ethical consequences. Unfortunately, the offers have been different form at each military installation.

There are several variations on the offers. Usually, the Soldiers and their families are offered an opportunity to be photographed by a professional photographer. Some of the photographers require that the Soldiers be photographed in uniform. Others



may require that the Soldiers and families sign a waiver releasing all of their rights to the photographs to the photographer, including the right to use the photograph in advertising. Another group may intend to

use the photographs in books that will later be sold for profit or fundraising or to display at non-government entity events.

Soldiers need to be aware of their legal and ethical obligations under the Joint Ethics Regulation regarding these offers. If they have questions, they should consult a legal assistance attorney before accepting a family portrait offer.

The JER states that DoD employees, including Soldiers, may not endorse a non-federal entity, event, product, service or enterprise.

This means that Soldiers may not actually suggest or imply that an event or product is endorsed by or receives preferential treatment from the DoD.

Additionally, there are only certain fundraising organizations and activities that DoD employees may endorse in their official capacities.

These include the Army Emergency Relief Fund and the Combined Federal Campaign.

The simple act of wearing a uniform in one of these portrait offers, combined with the signing away of rights to use the portrait in advertising materials, may be an implied endorsement of the product that would subject the Soldier to penalties under the JER.

Before making any endorsement in an official capacity, Soldiers should obtain a legal opinion.

The Legal Assistance Office has appointments available for Soldiers to discuss this and other consumer-protection issues. Soldiers who want to make an appointment should call 751-4287.

Editor's Note: This article is intended for information purposes only and is not intended as legal advice.

NCO, OER appeals process appropriate for some situations

By **RENALDO TURNER**
Assistant Inspector General

Staff Sgt. Nworb reviewed a copy of his annual evaluation, which contained comments he did not agree with because he had not been counseled on some of the topics.

He discussed this with his rater, who stated the comments were going to stay. Nworb expressed his concern again and then stated he was not going to sign the evaluation. A fellow Soldier suggested Nworb go to the Inspector General's Office about his concerns.

Many situations exist in which either law or regulation provides Soldiers a remedy or means of redress. Soldiers must seek and exhaust the prescribed redress or remedy before an IG can provide assistance.

Once the Soldier has used the available redress procedures, IG actions are limited to review of the redress process to determine if the Soldier was afforded the due process provided by law or regulation.

Examples of situations where specific redress, remedy or appeals procedures are applicable include, but are not limited to, the following: Courts-martial actions, nonjudicial punishment, officer evaluation reports, noncommissioned officer evaluation reports, enlisted reductions, type of discharge received, pending or requested discharge, and complaints that a commanding officer has wronged a Soldier.

In Nworb's case, the IG would first inform the Soldier that a Soldier's signature on an evaluation does not signify whether he or she agrees with the evaluation, but that the administrative data is correct.

Furthermore, the IG would inform Nworb that he has two means of redress; a commander's inquiry or to appeal the evaluation. When it is brought to the attention of a commander or commandant that a report rendered by a subordinate or by a member of a subordinate command may be illegal, unjust or otherwise in violation of AR 623-3, that commander will conduct an inquiry into the matter.

Secondly, Nworb could make the decision to appeal his evaluation and this decision should not be made lightly. Once the decision has been made to appeal the evaluation, the appellant will state whether the entire report is contested or only a specific part or comment. Nworb will state the basis for the belief that the rating officials were not objective or had an erroneous perception of the performance. Note that a personality conflict between the appellant and a rating official does not constitute grounds for a favorable appeal.

In Nworb's case, the IG would ensure after the report is rendered that Nworb was afforded due process provided by AR 623-3.

Additional questions on this and similar subjects may be addressed to the Fort Jackson Inspector General's Office at 751-5580.

IG case resolution

The Inspector General's office works to enhance mission accomplishment of Fort Jackson's units and organizations by identifying and recommending solutions to performance inhibitors and resolving requests for assistance from Soldiers, family members, retirees and civilians of the Fort Jackson community. The following is actual information gathered from requests for assistance and IG observations.

Wear of contact lenses

A concerned parent contacted the IG regarding the risk of eye injury to her daughter. The daughter was wearing contact lenses during Basic Rifle Marksmanship.

The Department of the Army Pamphlet 40-506, The Army Vision Conservation and Readiness Program, dated June 2, 2003, paragraph 4-13c, states "Contact lenses will not be worn during basic training, field exercises, gas chamber exercises, deployments, or combat."

Contact lenses may be worn in field exercises, deployments, and in combat for certain duties or evaluation programs approved by the Office of the Surgeon General.



FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director, Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief



fires resulted in an average of 2,850 deaths, 13,090 injuries and \$6.1 billion in property damages for each year. Eighty-four percent of home fires that resulted in fatalities occurred in one- or two-family homes.

The leading cause of home fires and home-fire injuries was cooking equipment. The leading cause of home-fire deaths was smoking materials. About half of all home fires that resulted in a fatality happened between 11 p.m. and 7 a.m.

Fires that started in bedrooms accounted for 24 percent of home-fire deaths; fires starting in the living room, family room or den accounted for 23 percent of deaths. Smoke alarms operated in only 52 percent of home fires. Furthermore, no working smoke detectors were found in 63 percent of home fires that resulted in a fatality.

CASES OF THE WEEK

❑ A black flatbed trailer was stolen outside of Building 4333, Military Police said. The investigation is ongoing.

❑ Two Soldiers were arrested in connection with a theft at the Main Post Exchange, MPs said. According to authorities, the Soldiers stole clothes worth \$246.

❑ Two Soldiers were involved in an argument, during which one Soldier threatened the other, MPs said. MPs said they separated the Soldiers before the argument could escalate into a fistfight.

TIP OF THE WEEK


According to the National Fire Protection Association, U.S. fire departments responded to an estimated 378,000 home structure fires from 2003 to 2006. These



FORCE PROTECTION

THOUGHT OF THE WEEK

Who is a Terrorist?



Terrorists are not just Middle-Eastern Islamic militants:

- Eco-Terrorism
- Animal rights groups
- Cyber-terrorists
- Disgruntled, "Lone Wolf" terrorists

Terrorists do not fit any Racial, Ethnic, or Socio-economic classifications:

They Can be ANYONE!!

LEADER DEADLINES

- ❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the April 23 Leader should be submitted by April 9.
- ❑ Announcements are due one week before the scheduled publication. For example, an announcement for the April 23 Leader should be submitted by April 16.
- ❑ Send all submissions to FJLeader@conus.army.mil.

Bass tournament



Photo by STAFF SGT. PATRICK GADDIE, 171st Infantry Brigade

More than 20 fishermen participated in the 171st Infantry Brigade’s inaugural bass fishing tournament Saturday on Lake Wateree. The tournament was rescheduled from its original date Friday because of inclement weather.

Sports shorts

❑ DoD ID card holders may register for the triathlon through Tuesday. The event is scheduled for April 21 and will feature a 300-meter swim, 12.5-mile biking and a 3.5-mile run. Competitors must be at least 18. For more information, call 751-3096/5768.

❑ Registration is open for Fort Jackson’s annual Strongman Competition. There is no entry fee for Soldiers. For more information, call 751-3096.

❑ This year’s youth baseball season will run April-June. Play is available in three age groups: T-ball (for children 3-5 years old); Coach Pitch (for children 6-8 years old) and Little League (for children 9 and older). The cost is \$40 for the first child and \$36 for each additional child. For more information, call 751-5040.

❑ For youth sports information, call 751-5610/5040. For golf, call 787-4437/4344. For general sports information, call 751-3096.

❑ Health Rocks is a monthly event offering fun fitness activities and games at the Youth Services Center. It takes place the second Friday of each month, 6:30-9 p.m. Health Rocks is open to children registered with Child, Youth and School Services. To attend, sign up at the Youth Services Center the week before the event. For more information, call 751-6385.

❑ CYSS is still accepting applications for 9-12 year olds interested in playing baseball. The season is April-June. Enrollment is \$40 for the first child and \$36 for each additional child. Jersey, hat, pants and trophy are included in the cost. Call 751-5040 for more information, or register at the Central Enrollment Office.